

FITNESS

Exercise for Every Fitness Level: Part II

Exercise has recently become a regular part of your life. How can you avoid getting bored or letting your good habits slip?

I. Intermediate Level: Pick Up the Pace

1. Increase your intensity.

Lift heavier weights. Walk, jog, bike or swim faster. Sign up for a more difficult class. Alternatively, try interval training (such as alternating a minute of walking and a minute of running).

2. Increase your time and distance.

If you are walking one mile a day, gradually work up to two miles. If you are biking for a half-hour, see if you can manage a full hour.

3. Set new goals.

Evaluate your original exercise goals to see if you have achieved them. For every original exercise goal you accomplished, replace it with a more challenging one. Setting new exercise goals can include taking a new physical activity class, competing in a marathon or participating in a fitness contest.

II. Advanced Level: Keep It Varied

Maybe you do not even need a schedule to get moving anymore – you do it because you like it. Congratulations! How can you keep yourself moving forward?

1. Cross-train.

By switching between two or more types of exercise, you will work different muscles, avoid overtraining and find new motivation. Alternate between swimming and running, walking and climbing or yoga and biking. Pick up a new activity, like cross-country skiing, kayaking or rollerblading.

2. Set long-term goals.

Set long term goals that focus on where you would like to be five months or one year from a specific date. You may decide that you would like to compete in a triathlon when you turn 35. Having vision of what you would like to accomplish is very important in developing long-term goals.

